

Tribal Courts

Emergency
Planning

Akwesasne
Turns Purple

Education
Programs

SRMT Kawennì:ios



Kids For Fishing

2011-2012 LIHEAP Program

Opens November 16, 2011

By Sharon Thompson

The Low Income Home Energy Assistance Program (LIHEAP) assists low-income households with energy costs. It is available to residents of the U.S. portion of the Akwesasne Territory. Below lists the process for application for the program's regular benefits and its emergency benefits.



The regular benefit application must be signed by the individual who

- Has the heating bill in their name; or
- Has primary responsibility to pay the bill to the vendor.

Application Process for the Regular Benefit

The following documentation is needed to complete the application:

- **Residence** – Current rent receipt with name and address and utility bill
- **Identity of Household members** - Driver's license, Social Security cards and updated tribal card
- **Income** – Pay stubs, Business records (self-employed) and/or unemployment insurance benefits
- **Social Security Number** – Social Security cards
- **Vendor Relationship** – A current utility/fuel bill
- **Age** - Under 6 years/60 or older – birth certificate, driver's license
- **Disabled** – Award letter, copy of benefit check, a written statement of eligibility for benefits.

Regular Benefits

- Oil, kerosene, propane: base benefits = \$450
- Wood, pellets, coal, corn: base benefits = \$250
- Utilities - All electric: base benefits = \$250

Emergency Benefits

Opens January 2, 2012

- Oil, kerosene, propane: a one-time benefit of \$550 is authorized
- Wood, pellets, coal: a one-time benefit of \$250 is authorized
- All electric: a one-time benefit of \$325 is authorized
- Heat related domestic: a one-time benefit of \$125 is authorized

If anyone has any questions or requires additional information, please contact Sharon Thompson or Lucy Barnes at 358-2272 ext 212.

Good Words of Welcome



Shekon sewakew:kon Akwesashró:non,

September has ended quickly and we are looking forward to another beautiful fall season here in Akwesasne and the North Country. The Saint Regis Mohawk Tribe continues to provide high quality programs and services to tribal members and community members. As you can see from this month's newsletter, the Tribe continues to evolve its governmental system to meet members' needs. Our Tribal Court system is growing to include a Child Support Enforcement Unit, the Family Judiciary Advisory Committee and the Healing to Wellness Drug Court. The Tribal Court received a major grant to develop this unit, so please join me in congratulating Barbara Gray, Chief Judge PJ Herne and the support staff for this major achievement.

The Health Clinic and its various programs once again did an excellent job delivering another annual Wellness Day. Although the weather wasn't as cooperative as it could have been, the day was still a success with many different programs present to showcase their services to community members. Wellness Day also included a ribbon-cutting for the *Tewathahita* Walking Trail. Tribal Chief Ron LaFrance and Sub-Chief Stacy Skidders were both on hand to help Lynne Thompson

and Kim McElwain conduct the official opening of this important community facility. This trail is important from many standpoints; it's an important part in our efforts to combat diabetes, to promote the health and fitness of our community and offers a safe place for people to get exercise away from the dangers of vehicle traffic. It's beautifully laid out with benches along the way and everybody can get the opportunity to enjoy nature during their walks.

Also of interest is the front cover of this month's issue. Imagine catching a fish of that size! Even more amazing is that the fish was caught by Tyler Mitchell -- the biggest fish of the tournament. Tyler's participation in the tournament was due to his involvement in the "Kids for Fishing" program. Corporal PJ Burns of the Saint Regis Mohawk Police and Constable Norman King of the Akwesasne Mohawk Police developed this program. Many community organizations supported it. We hope to see more of this program in the future. Thanks to all the community members who develop such creative ideas and thanks to all who help make them a success.

Chief Mark Garrow

On the Cover: Tyler Mitchell caught the biggest carp at the Ninth Annual Junior Carp Tournament weighing in at 40 pounds and 10 ounces.

SRMT Kawennì:ios "Good Words" is published monthly by the
Saint Regis Mohawk Tribe, Public Information Office,
412 State Route 37, Akwesasne, NY 13655
(518) 358-2272

David Trout Staddon, Editor
Aimée Benedict-Debo, Publications Manager
Alyson Cole - Production Assistant

public.information@srmt-nsn.gov
www.srmt-nsn.gov

The Tribal Courts Division Continues Growth

*By Barbara Gray, PhD,
Tribal Court Administrator*

The Tribal Court consists of a Vehicle and Traffic Court, a Civil Court, and hopefully a Child Support Enforcement Unit (CSEU) as the first part of a Family Court. On June 11, 2011, the court received a letter from the U.S. Department of Health and Human Services/Administration for Children and Families giving notice that it was awarded start up funding to develop a Child Support Enforcement Unit.

The CSEU is being developed to handle child support cases involving tribal members on lands within the jurisdiction of the Saint Regis Mohawk Tribe. At present these families must go to outside courts to have their child support cases handled. The SRMT CSEU will be developed to allow for cultural needs such as being able to offset child support payments for providing such things as firewood, fish and game, Tota daycare, or other cultural provisions that a family may depend on.

At present seventy-five tribes, out of over 500 federally recognized tribes, have developed Child Support Enforcement Units. The Saint Regis Mohawk Tribe Child Support Enforcement Unit will be the first Tribal CSEU in New York State.

The court is in the process of hiring an Administrator for the Child Support Enforcement Unit office who will be responsible for supervising and directing the operations of the CSEU office and staff. In addition, one of the SRMT Court's personnel has already been transferred to the CSEU to prepare for the administrator.

Family Judiciary Advisory Committee (JAC)

The court is also in the process of selecting two community members to sit on the Judiciary Advisory Committee (JAC), which, when re-established, will be composed of Saint Regis Mohawk Tribe stakeholders (the SRMT Court, Division of Human Services, Administration, Tribal Council) and two community members. The JAC will provide guidance and assistance to the SRMT Court. It will assist in such things as identifying issues to include in family law, policies and programs associated with the Tribal Courts' effort to establish a Family Court.

SRMT Healing to Wellness Drug Court (HWDC)

The mission of the HWDC is to reduce recidivism and substance abuse among nonviolent, substance-abusing offenders by increasing their likelihood for successful rehabilitation through early, continuous and intense judicially-supervised treatment. This includes mandatory periodic drug testing and the use of appropriate sanctions and other rehabilitation services. This protects the community from crimes and losses associated with substance abuse.



The Healing to Wellness Drug Court (HWDC) is doing well in its second year of existence. It has accepted eight participants into the program. Three have been terminated for non-compliance of the HWDC contract and five remain in the program. HWDC participants need to be committed to the program and their sobriety to be successful.

Successful completion of the treatment program may result in dismissal of the charges, reduced or set-aside sentences, lesser penalties or a combination of these. Most importantly, graduating participants gain the necessary tools to rebuild their lives.

The SRMT HWDC is the only one currently in NY serving community members in a joint jurisdiction setting.

SRMT HWDC Essay Contest

The Healing to Wellness Drug Court is conducting an essay contest to correlate with the SRMT Prevention Coalition's Red Ribbon Week theme in October. There will be a division for seventh grade Akwesasne students, eighth grade Akwesasne Students and a division for the community (all ages).

Essays will be judged by the HWDC staff and includes members from the SRMT Tribal Court, SRMT Tribal Police Department, SRMT Alcoholism/Chemical Dependency Prevention Program, SRMT Mental Health, SRMT Division of Social Services, MCA Department of Health and MCA Akwesasne Mohawk Police Department and USAG NDNY.

Rules and applications will be available at locations within Akwesasne. For more information please contact the SRMT Court at 358-6300. ♦



Family Challenge

Akwesasne Coalition for Community Empowerment

*By Tiffany Leabo,
Prevention Educator*

Again this year the Akwesasne Coalition for Community Empowerment will be hosting the Akwesasne Red Ribbon Family Challenge. This event will include fun and exciting activities throughout the week of October 24 -27, 2011. There will also be theme days for each night, which coincide with the theme days at the schools. Here is a list of our events for the week and the theme for that day:

Monday, October 24th:

Wear Red Day - *Symbolize the beginning of Red Ribbon Week*
Suicide/Addiction Awareness Walk at *Tewathabita*- Walking Trail (behind Seniors)

Tuesday, October 25th:

Crazy Hat Day- *Put a Cap On*
Drugs

Puppet Show and Presentation at Seniors Center

Wednesday, October 26th:

Inside Out Day- *Drugs Turn You Inside Out*
Pumpkin Carving

Thursday, October 27th:

Jersey Day - *Stay in The Game, Be Drug Free*
Obstacle Course at St. Regis Mohawk School

Pre-register your team for a chance to win our grand prize. Registration will be on October 17, 18, and 19, 2011 from 12:00 p.m. to 5:00 p.m. at the Akwesasne Business Center, room 102. A team must consist of at least three people and must also have at least one adult.



All teams are invited to each of our activities being held. At each event you will receive tickets to enter for a chance to win our grand prize. The more activities your family attends/completes the more tickets you will earn. You will also receive bonus tickets for dressing in the theme for each day. Finally, our grand prize will be a \$500 gift card for Wal-Mart and a \$500 gift card to BJ's, to be drawn on the evening of October 27. All team members must be present to win. Compliments of the Saint Regis Mohawk Health Services Alcoholism/Chemical Dependency Prevention Program.

There will also be a separate essay contest to coincide with these events.

The topic will be announced at a later date with additional information and it will run from October 1 with a deadline of October 19, 2011. There will be three age categories seventh grade, eighth grade and open to the community. There will be three winners chosen within each of these groups. The prize for this essay contest will be a Kindle. This contest is being sponsored by the Saint Regis Mohawk Tribe Healing to Wellness Drug Court which include the following programs the US Attorney General's Office NDNY, SRMT Police Department, SRMT Department of Social Services, SRMT Alcoholism/Chemical Dependency Prevention Program, SRMT Mental Health, and MCA Akwesasne Mohawk Police. ♦

Who is Pictured in this Postcard?

by David T. Staddon, Editor



This card was discovered by Lillian Barton, Records Manager for the Tribe. We have spoken to several people who have tentatively identified some of these young men, but we can't confirm the identifications.

The young men in the back row appear to be from ages 12 to 15 or so. Under magnification, the fellow with the long braids (back row, left) appears to be wearing a wig. The young man in the center back row with the drum appears to be wearing a necklace made of dentalium shells.

The young men in the front row appear to be from ages 9 to 11. If the card was published in 1957, this means that their birth years would be from 1942 through 1948.

The postcard was published by the Collotype Company of Elizabeth NJ and New York City. After doing a little research, the Collotype Company was in business from 1907 through 1957. So the image on this card can be no later than 1957, but it could be earlier.

Collotype is not only the name of the postcard company, it's also a old printing process. It is a continuous tone printing process using a glass plate, first patented in France in 1855. The gel that coats the plate cracks and puckers as it dries. When inked, the glass plate would repel or attract the ink at different rates to reproduce the image. This process was referred to under several different trade names during the late 1800s. Although this was a state-of-the-art printing process in its time, it lacks the finer resolution of photograph printing developed later. Rotary press technology was introduced in the 1896 and the collotype process began falling out of use. Interesting that the Collotype Company would continue using the old glass-plate process up until 1957.

If anybody has an idea about the identity of any of the young men pictured in this postcard, please contact Public Information at 518-358-2272 or by email to public.information@srmt-nsn.gov. ♦

No Plastic for Me, Niawen! Is Paper Better?

By Angela Benedict, Air Quality Program Manager

This has been a debate for a long time. I don't do plastic. I usually opt for paper, but really paper is no better. I sometimes don't take either one and just carry my stuff out of the store, but some people don't like that. My son was actually told by one clerk that he had to take a plastic bag. She said, "No, you have to take a bag!" He was like, "No I don't. I don't want a bag." I was so proud! It does drive me crazy when someone goes into the store and buy one item, say a pack of gum, and they put it in a bag. So if no plastic and no paper, what? Well, we all go to the tribe's Wellness Day and what is Wellness Day famous for?? Bags everyone likes to get --- the reusable cloth ones. I must say that over the years of attending Wellness Day I must have 10 or more bags from the foster care program to Partridge House and yes, even the Air Quality Program (they are the lime green ones of course). I have also purchased different ones made from recycled plastic.

Now you are probably saying, "Why is an air quality person talking about this? What does it have to do with air quality?" Well, it does. And not because I say so, but because these items have to be manufactured

and manufacturing causes emissions. I can't believe I am saying this, but here it goes: paper is no better than plastic and at times plastic is better. Ouch, that hurt! The reason is that most people don't recycle their plastic bags.

If everyone recycled their plastic bags I would have no problem. Well, maybe I would, but it would be better for all the animals involved. My children and I say at the store we don't want to hurt any defenseless penguins by taking a plastic bag. They are so cute and cuddly, but often get



tangled up in discarded plastic bags that find their way into the ocean.

Back to emissions. To manufacture plastic bags the key ingredients are petroleum and natural gas. It also takes a lot of energy to produce the bags. There are a lot of different types of bags out there with different weights and densities. During the manufacturing of the plastic bags, air emissions of toxic chemicals and carbon dioxide, (CO² is a main component of global warming) are very significant. It contributes to acid rain and smog. It also has an impact on our waterways and the life that they support.

Most people don't think of this part as having an effect, but shipping the bags to their destinations also affects the air quality. Most of these bags are transported by ships, trains and trucks which all produce emissions. Sometimes they are transported by all three, depending where they are made. Most of the bags come from China.

Sometimes it is a hard concept to grasp, we only have so much air, we only have so much water, we only have one Earth and what we do with it can be everlasting.

So for today and for the next seven generations, get out there and use those reusable bags that have been stockpiling up and say no to plastic and paper. If you don't have any reusable bags contact me and I will get you started with one. ♦

Many stores such as First Americans IGA, Wal-Mart, Hannaford and Price Chopper have bins to recycle plastic bags. Look around -- they are usually right at the front of the store.

Some stores give you a discount if you bring your own bag.

Some interesting facts:

- Americans throw out away over 100 billion plastic bags per year. And less than 1% are recycled.
- San Francisco was the first U.S. city to outlaw plastic grocery bags.
- NYC in 2008 proposed a plan to charge a six-cent tax on using plastic grocery bags, hoping it would reduce the use of plastic and promote the reusable bag.
- In March 2002, Ireland instituted a 15 cent tax per plastic bag, which has led to more than a 90 percent reduction in overall usage.
- In 2007, Africa made a bold move, initiating a continent-wide ban on plastic bags, encouraging the use of reusable bags such as those made from burlap.
- In 2008, the Chinese government made plans to ban free plastic bags in order to cut down on litter and pollution. The ban could also save the country as much as 37 million barrels of oil, used to produce the bags.

E-Recycling:

Green Disk (www.greendisk.com) will accept CDs, jewel cases, printer cartridges, cell phone, computer mice, cords and more. It costs around \$9.95 for up to 25 pounds then \$0.35 for each additional pound. The contact number for Green Disk is 1-800-305-DISK (3475) or 425-392-8700.

A free CD recycling program is at www.cdrecyclingforfree.com. The phone number is 973-823-9752. You pay the shipping. "The cost is small, but the environmental benefit is huge"

Another CD recycling company is www.cdrecyclingcenter.com. I don't know if there is a

cost associated with this. The contact number is 603-894-5553.

Best Buy accepts electronic items for recycling. I believe the closest one is in Plattsburgh. The list of items they will accept is at www.bestbuy.com. Go to services, then the e-cycling information is on the right. They also have other links on there for items they take trade-ins on and TV and appliance haul-away services.

The solid waste program is looking into starting an electronics recycling program. So be on the lookout for this in the future.

Protecting Akwesasne - One Family at a Time

By Sarah Lee Diabo, Emergency Planning Office

Hurricane Irene, the east coast earthquake and this year's tornadoes in Tuscaloosa and Joplin have all been critical reminders about the importance of being prepared when a disaster strikes. In the event of the unthinkable, is your family prepared? If you're away from home when disaster strikes, will you have a degree of peace of mind, knowing your family is prepared and knows what to do?

Why is it Essential?

The Saint Regis Mohawk Tribe's Emergency Planning Office is working hard to prepare for the many kinds of "all hazard" disasters that may be laying in wait

from an earthquake to terrorism to winter storms, floods and/or Avian Flu. Don't assume that the area you live in will not be affected by a natural disaster or terrorism incident. No matter where you live, it is important for you to be prepared. Often times relief workers will not be able to respond until after the disaster. It is critical to be prepared to survive on your own for at least seven days in the event of an emergency or disaster situation. This may mean providing your own shelter, food, water, first-aid, sanitation and other basic needs.

Disasters can strike quickly and without warning, anytime or anywhere. Would you know what to do if it happened today?



What Can I Do?

If you prepared for “The Big One,” you are prepared for anything. In spite of everyone’s best efforts there will be no emergency assistance available to most of the community for two to three days, maybe longer. We strongly recommend everyone be prepared to be self-sufficient for seven days.

The most important disaster preparedness step is for every family to make a plan. Review the plan on yearly basis. Make sure everyone knows who to contact if your family members are separated-- choose someone who lives in another town or out of state.

Put together a survival kit. Make sure everyone knows where they are kept. Carry some basic survival items in your car: food, flashlights, bandages, etc. At home, make a list of emergency grocery store supplies. Keep these items on hand in a water proof container. This will keep them safe and your family won’t start snacking on them during a non-emergency. Typically there is time to go shopping three to five days before a hurricane, as the National Weather Services or local radio/TV news gives ample warning to the weather related storms.

Some items to put in your survival kit:

- Parmalat or powered milk. Parmalat is already a liquid so you won’t have to worry about using up your drinking supply to make it.
- Peanut, jelly or fluff. Feed yourself and your family something sweet.
- Nuts, dried fruit, seeds (pumpkin, sesame) provide nutrition and don’t take up much space
- Canned tuna, chicken or meat spreads. Either eat these as is or buy a small bottle of your favorite mayo for your kit.
- Canned soups, baked or black beans, prepared meats and pasta. These foods can be heated with Sterno stove, on a gas or charcoal grill outdoors after the storm has passed or even eaten cold if you must.
- Water - One gallon of water per person in your household for five to seven days. For example if you have a family of four you would need 35 gallons of water.

- Juice Boxes
- Beef jerky
- Boxes of cereal, granola bars, breakfast bars or crackers

Remember that often times there will be no electricity. These are just a few suggestions on what to do before the weather related disaster:

- Fill up all vehicles with gas
- Fill the tub with water so you can flush the toilet
- Withdraw some cash from the ATM or bank
- Shore up the yard, tie down any furniture/grill as well as loose items that may cause injury
- Charge cell phones, laptops and even kids’ hand-held electronics before the power goes out
- Trim trees and have any unhealthy or dead trees removed
- Refill your medicine prescriptions for family members
- Don’t forget to prepare for your pets

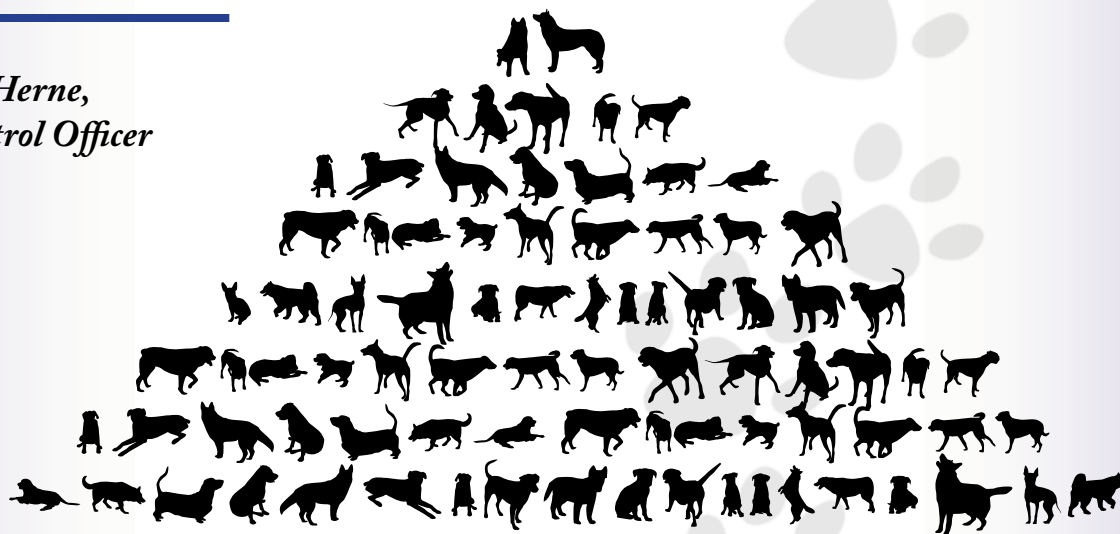
Stay or Go?

- Know when to shelter in place and when to leave. Unless you’re in a flood zone or have been ordered to evacuate, you can shelter in place during a hurricane.
- Identify local shelters before an emergency happens. Some shelters do not accept pets. Identify alternate housing for your pets such as kennels, animal shelters or find pet-friendly shelter locations in the area. ♦



Pet Overpopulation

By Jennifer Herne,
Animal Control Officer



Each year approximately eight million stray and unwanted animals are taken in by shelters across the country. Tragically, about 3.7 million of these animals must be euthanized because good homes cannot be found for them. In fact, shelter euthanasia is the leading cause of death for both dogs and cats in the United States.

What are the causes of pet overpopulation?

Irresponsible breeding. Despite public awareness about the importance and the need to spay and neuter pets, 35 percent of pet owners still do not choose to do so. Many among this group choose to intentionally breed their pets, either for profit or for the “fun” experience. Others choose not to spay and neuter out of ignorance, believing that their pets won’t breed accidentally. However the urge to breed is extremely powerful and is very frustrating for pets when humans try to put up barriers. Both males and females will run out the door, break through screens, chew through leashes, and jump, climb or dig under six-foot fences to get a potential mate. Dogs can even mate through a chain link fence. Simply put, there is no such thing as “accidental” breeding. Spaying and neutering is a conscious choice—so there is no excuse for an “accidental” litter.

Many people who breed their pets believe they aren’t adding to the pet overpopulation problem if they find

An unspayed female dog, her mate and all of their puppies, and their puppies’ puppies, if none are ever neutered or spayed, could have 67,000 puppies in six years.

homes for all of the puppies. But consider this: Every puppy or kitten sold by an irresponsible breeder means there is one more shelter animal that will not find a home. Any many of those same kittens and puppies will end up in shelters themselves at some point in their life.

Choosing not to adopt: It is a common myth that pet overpopulation means there are not enough homes for the shelter animals. In reality, there are more than enough homes, but not enough people choose to adopt from a shelter. Seventeen million people acquire new pets each year—that is more than double the number of shelter animals. Sadly, only 3.5 million people choose to adopt from shelters, the rest buy from pet stores, breeders or they choose a variety of other cheap or free sources, such as friends, neighbors or internet ads.

Acquiring a pet from a friend or neighbor may seem innocent enough, but in reality you are contributing to the pet overpopulation problem by creating demand for irresponsible breeding. The majority of pets acquired this way are not spayed and neutered, which also perpetuates the cycle of overpopulation. The only way to break this cycle is to choose not to participate in it. There are many responsible breeders, but there are far more *irresponsible* ones who are breeding for profit without regard for good health and temperament or the pet overpopulation problem. By choosing to adopt, you

will not only save a life, but you will also ensure your adoption fee is going to help the next unwanted pet that comes into the door of the shelter. The adoption fees at most shelters include spaying or neutering, vaccinations, microchipping, deworming, and heartworm or feline leukemia testing. They are typically hundreds of dollars less than what you would spend to have all of these services performed at a veterinarian's office.

Disposable pets. The continuous flow of animals into shelters is not all puppies and kittens. In fact, most shelters receive a great number of stray and owner-relinquished adult pets. The majority of stray pets arrive at shelters without any identification and most are never reclaimed by their owners. While there are some situations when it may be absolutely necessary for an owner to relinquish a pet, hundreds of thousands of pets are relinquished to shelters because they have become an inconvenience or because the owner did not consider the time and financial commitment required to properly train and care for them.

So why do so many people consider pets to be disposable? What can we do to change this thinking? This is a question I ask myself on a daily basis as do most shelter professionals and people who work in the companion animal industry. Unfortunately there is no simple answer. To solve this problem we need to effect a cultural change where every individual fully considers all of the responsibilities and consequences of pet ownership before adopting and then making a lifetime commitment to their pet. That perfect world may not be realized anytime soon, but you can do your part by thinking carefully about pet ownership before you adopt.

What you can do to prevent pet overpopulation

1. Always spay and neuter your pets.
2. Always adopt your pets from a legitimate shelter or nonprofit rescue group.
3. Consider all the responsibilities and consequences of pet ownership before deciding to get a pet and always make a lifetime commitment to your pet.
4. Educate your children, friends, family members and co-workers about pet overpopulation, adoption and the importance of spaying and neutering.

You can help stop generations of suffering. Have your female pet spayed AND your male pet neutered. Don't allow them to breed and add to the pet overpopulation problem.

In the past year we have had over 100 dogs and cats spayed and neutered through our free spaying/neuter clinics and our voucher service! A great big HOORAY to all of the responsible pet owners in Akwesasne! ♦

“Spaying or neutering your pet is good for the community. Stray animals can prey on wildlife, cause car accidents, damage local fauna, frighten children and breed more strays.”



An Adoption Tail

Melissa Jock and daughter Alyssa White woke up one morning and found two small german shepherd puppies shivering in their yard. They brought the puppies into the SRMT kennel and fell in love with this kitten who was in a feral cat's litter of four. Both german shepherd puppies have also been adopted into Akwesasne homes.

Akwesashró:non Connecting, One Light at a Time

By Amber Montour, Program Manager



The Saint Regis Mohawk Tribal Buildings along Route 37 will be bathed in purple light throughout October as Akwesasne marks Domestic Violence Awareness Month.

“It takes a coordinated effort by all corners of our community – elders, clan mothers, faith keepers, chiefs, youth, community groups, advocates, law enforcement, Tribal leadership and local schools – to combat the scourge of domestic violence and declare that it will not be tolerated in our community. This is the first year we have participated in New York State’s Shine the Light on Domestic Violence’ campaign, but it won’t be our last. I encourage all community members to take a moment and think about what you can do to help put an end to domestic violence in this community.”

Akwesasne joins the statewide “Shine the Light on Domestic Violence” campaign, spearheaded by the

*Akwesasne is Turning
Purple to “Shine the
Light on Domestic
Violence”*

New York State Office for the Prevention of Domestic Violence (OPDV).

The campaign encourages public, private and non-profit entities to raise awareness of the issue by embracing the color purple – the symbolic hue for domestic violence awareness – by shining purple lights on buildings or other structures in their

community, wearing purple and sponsoring awareness events. In 2010, more than 270 organizations and individuals across the state participated in the “Shine the Light on Domestic Violence” campaign.

All Akwesasronon are being asked to wear purple on October 19, 2011 to help generate discussion and awareness of domestic violence and dating abuse. It’s likely that someone you know has been, or will be, a victim of domestic violence. It’s not always physical; it’s one person’s use of tactics to control another person

in an intimate relationship. It can take the form of emotional, verbal, financial or sexual abuse. Domestic violence affects all of us – women, men, and children.

“We are proud to stand with our people to declare our commitment to the fight against domestic violence, in this community and throughout the State. Our program stands by to help those in need, no matter where they are in the process, and we won’t rest until every person can feel safe in their own home. Working within Akwesasne inspires a deep sense of gratitude. The purple lights “shining a light” in the darkness feels very symbolic to me and I hope that it encourages others to find safety and happiness.”

In Akwesasne last year, the Three Sisters Program answered 692 calls and provided 2,221 bed nights of safe emergency housing. ♦



HELP IS AVAILABLE

Three Sisters Program

518 358 4406

threesisters@srmt-nsn.gov

The Three Sisters Program has been providing services to both men and women survivors of domestic violence in Akwesasne for more than 16 years.

Services include emergency shelter, domestic violence case management, counseling, legal advocacy, accompaniment, sexual assault response, safety planning, training, educational services, emergency transportation and supervised visitation. A trained advocate is available 24 hours a day, 7 days a week to speak with victims or their friends and family. All services are free and confidential.

You do not have to stay in a shelter to get help from the Three Sisters Program.

Akwesasne Family Wellness Program (AFWP)

613 937 4322

or 800 480-4208

AFWP is a Residential (16 weeks) Educational Program which provides Individual counseling and various groups on: domestic violence, addictions, grief, anger management, parenting, nutrition, culture, relapse prevention and talking circles.

Wellness Day A Success

by Kim McElwain, WIC / Nutrition

The 21st annual Wellness Day was held on August 25th, 2011. This year it was towards the end of the month so that we could give the Tewathahita Committee a little more time to get things finished for the ribbon cutting and grand opening of the walking trail. And although the weather didn't cooperate with us very much, people still came out and attended. We had a Walk-a-thon that community members participated in and even finished in the down pour of rain. We had potato sack races, egg races and games for kids when the weather cleared.

This year because we were trying to focus more on physical activity we limited the vendors to Tribal and MCA programs. As usual they gave great information on their programs and great promotional items. Some of the many programs that attended were MCA Community Health, MCA Holistic Health, Mohawk Vision, Alice Hyde Medical Center, SRMT Environment, SRMT DSS, SRMHS Dental, SRMHS WIC, and SRMT ACDP Program just to name a few.

One of the things that we did differently this year involved door

prizes. We had a family package of bikes consisting of two youth bikes and two adult bikes and helmets. The other package was a gift certificate for Titus Mountain for a family of four. To get put in for the drawing people had to walk to the back of the trail where the bridge is located and pick up a ballot. We had 310 ballots, so 310 people walked around the trail that day, which is fantastic! Winners were Luke Miller and Andy Thias.

Thanks to the HPDP committee; Heather Pontius, Amanda Garrow, Amanda Adams and Craig Fuller for their help in getting Wellness day together. Also to the *Tewathahita* Committee; Lynne Thompson and the Planning and Infrastructure Department. They worked hard to get the trail ready and thanks to all the community members who that

came out a couple days before to help rake and mulch around the trees. We are working very hard to continue with the completion of the trail. Our next steps are the laying stone dust and installing a fitness station, pet waste receptacles and berry bushes. ♦



Sub-Chief Stacy Skidders, Chief Ron LaFrance, Jr., Lynne Thompson and Kim McElwain Officially Open the Tewathahita Walking Trail



Intense Concentration at the Egg Races



Family Resting on Memorial Benches Placed Along the Trail



Adorable Face Painting by Buttons The Clown

Understanding the Rules for the Recycling Game

Part 2 – The Number System for Plastics

By Laura J. Weber, Solid Waste Program Manager

Have you ever noticed the numbers on plastic bottles or other plastic materials? Those numbers appear in the center of the recycling symbol. You may find yourself getting confused by all the numbers and wonder what in the world do they mean.

There are seven numbers that appear on plastics. The numbers are a resin identification code and indicate which type of plastic the material is made from. Yes, plastics are not the same when it comes to the resin. With respect to recycling, local municipalities determine which resin types they accept for recycling. Last month we learned that recycling markets greatly influence which types are collected. This is why some communities can accept all types and other communities only accept a few types.

You may also remember last month we shared that the types of plastics collected for recycling can change with time. The Tribe's recycling program is a good example. We've been collecting recyclables

since 2001. At that time we only accepted numbers 1, 2, 3, 4, or 5. In 2009, we began using a different hauler for our recyclables. This change allows us to collect numbers 1-7. This is because the hauler has markets for all the different types of plastics.

Preparing your plastics for the recycling bin is easy. For bottles and tubs, remove

all products and rinse. Try to remove as much of the product as you can because that container will be handled by people who process it for recycling. All non-plastic bottles and tubs can be tossed into the bin as is. ♦

Understanding the Seven Numbering System

Plastic #1 – Polyethylene terephthalate (PETE or PET).

Soda and water bottles. Usually clear bottles.

Plastic #2 – High density polyethylene (HDPE). Milk

jugs, detergent bottles, juice bottles, butter tubs, and toiletries bottles.

Plastic #3 – Polyvinyl chloride (PVC). Food wraps, bottles for cooking oil, and plumbing pipes.

Plastic #4 – Low density polyethylene (LDPE). Grocery bags, some food wraps, squeezable bottles, bread bags.

Plastic #5 – Polypropylene. Yogurt cups and similar wide-necked containers, water containers with a cloudy finish.

Plastic #6 – Polystyrene or Styrofoam. Most disposal containers and packaging, disposable plates and cups.

Plastic #7 – Means "everything else". Includes most plastics invented after 1987.

Action to Sustainability Challenge

(Applying knowledge learned to make sustainable decisions in your life).

Look for the different types of plastics in your home. Find the numbers in the recycling symbol and determine which type of plastic it is made from. Rinse your bottles and tubs.

Education Programs

Johnson O'Malley (JOM) Report by Corrina Bero

The JOM Program thanks all those who stopped at our table during Wellness Day to fill out a needs assessment survey. The needs assessment is a process designed to gather information about the specialized and unique educational and culturally related needs of eligible Native students who attend Salmon River Central and Massena Central School districts including elementary. It provides direction for the development of JOM programs to meet specific needs. The results for the survey will be used to develop the goals and objectives for the JOM Program. *Niawen:kowa* for all your responses. The winners were Barry Thomas – NextBook touch screen tablet and Jenna Herne – portable 10" laptop.

The JOM Program will be continuing with the prizes for making the Honor Roll for each or one of four marking periods. For each marking period, all those who make the Honor Roll will have their names go into a hat and a name will be drawn for a prize. There will be one prize for Salmon River Central and one for Massena Central School. Prizes may include laptops, tablets, gift certificate to the mall, iPad, iPods, digital cameras, etc. This is for grades seven through twelve. Good luck and keep up the grades!

NEW! The JOM Program will be doing a 21-day "Attendance Challenge" for grades four through twelve. In order to qualify for an incentive prize, the student must be in attendance for 21 consecutive school days. Prizes will vary from gift certificates, movie or bowling passes, educational tools, electronic gadgets, etc. Good luck and stay in school!

Ryan Jacobs will be returning to Salmon River Central School as the Remedial Tutor for grades seven through twelve. He will be in room 167 for middle school and room 259 for high school. Another Remedial Tutor will be brought in at a later date. Patricia Tanner is the new Remedial Tutor at JW Leary in Massena, so let's welcome her aboard. She will be located in room 504.



The American Indian Science and Engineering Society (AISES) Chapter will be starting up again soon, more information will be sent to the schools. The AISES Chapter is for students in grades seven through twelve with an interest in math, science or engineering.

For any questions or concerns, please don't hesitate to contact the JOM Office at 358-2272 ext. 247 or email cbero@srmt-nsn.gov.

JOM Summer Program By Teresa Mitchell, Summer Program Director

The 2011 JOM Summer Program provided activities and field trips to over 90 youth. The program was based at Generations Park where high school and college age counselors led daily frog hunts, soccer games, arts and crafts and reading groups. Free breakfast and

lunch were provided through the summer food program at Salmon River Central School.

A typical day at "camp" included: Teesha Mitchell and Marlee King-Jacobs leading five-year olds on a nature hike while Tia Mitchell, Trenton Tarbell and Andrew Daoust were teaching the six-years olds playground tag. Ratsienhahiens Adams and Karyss Terrance found that their students loved arts and crafts, while Ky Tarbell and Zachary Hopps could often be spotted playing World Cup Soccer, encouraging all students to be fit



and active this summer. Nolan Thomas led the eleven- and twelve-year olds in special activities such as "Junior Counselor for a Day."

Everyone was together for morning "repeat after me" songs and group activities including Survivor Day, Olympic Day, Fishy-Fishy, balloon relays, carnivals and square dancing. Despite the busy schedule at the field, the students found time for weekly beach trips and hiking the trails in Massena after learning about electricity at the New York Power Authority. All students enjoyed Rock'n'Bowling with black lights and music at Lucky Strike Lanes and mini-golfing at TimeQuest. An end of summer trip to the New York State Zoo in Watertown allowed students to see wolverines and bobcats up close!

JOM thanks the following people and programs for their assistance in making this summer a truly memorable one for our students. Without your donations of time, supplies or staff, Summer Program 2011 wouldn't have been the same! These groups pitched in: Clarissa Chatland and the Indian Child Welfare Program, the Let's Get Healthy Program staff, the Seniors Center, the New York Power Authority Visitors Center, the Salmon River Central cafeteria staff and Massena Town Beach.

Workforce Investment Act Program (WIA) ***by Marie Benedict***

The 2011 WIA Program hired six summer students. They were placed with the following programs: Generations Park, the Seniors Center, the IGA, the Akwesasne Boys and Girls Club, the Early Childhood Program and the Alcoholism/Chemical Dependency Prevention summer program. This program allows for our youth to experience the working world. They experienced work ethics and gained time and financial management skills. To be eligible, students must be between the ages 14-21, met the WIA income

guidelines, provide a work permit from New York State and pass our screening requirements. They were given a career interest test with the opportunity to explore some career options to review on the www.nycareerzone.org site. The students were given information relating to an occupation which provided job requirements, average wage and education goals. Each student placed had the opportunity to learn how the department functions and the services it provides to our community.

Higher Ed Report ***By Rod Cook***

Hey, high school seniors, it is October and have you



started the college application process yet? Don't wait for next August to arrive because it is going to be too late. Plan accordingly and it will be easy. I am sure over the summer you've narrowed your

college shopping to a couple, three colleges, yes. I hope so, because senior year can get expensive, senior trip, prom, college apps -- you know those other things that go on senior year.

Who will write a good letter of recommendation for you? Ask now, instead of later when they are needed the next day to last. The last thing the recommender wants to do is write that letter for you while serving Thanksgiving dinner.

Have you visited your college choices yet? Have you at looked at them on line? Have you gone to a college fair? Visit them because they may give you an application fee waiver. Do they use the Common Application? When is the application due? Remember you are NOT the only person applying.

Remember, December will be here before you know it and you waited too long. ♦



Monthly Tribal Meeting

Agenda

1. Introductions:

- Welcome
- Reading of Action Items - Tribal Clerk

2. GM Site:

- Ken Jock, Director of Environment Program

3. Home Heating Fuel Ordinance:

- Matthew Thompson, Environmental Resources Coordinator

4. Land Dispute on State Road:

- Chief Mark Garrow

5. New Business

6. Reading of Action Items - Tribal Clerk

7. Adjournment

Action Items from September Meeting

- To look into the formation of a working group or a committee to further clarify the GM site issue
- To have a summary of the GM settlement at next month's tribal meeting
- To have a special meeting to address the problem on the direction and governance of the Police and Police Commission, scheduled for Monday, Sept. 12, 2011 @ 6pm, in the lobby of the SRMT and to have the chief of Police and Police Commissioners present
- Lorraine White requested to have a copy of the

Seskehko:wa / September 10, 2011

Chaired by Chief Mark Garrow

SRMT State Certification of the Tribal Police before the special meeting on Monday (9/12/11)

- Request to have copies of TCR's which formed the Police Commission and the authority between Tribal Council and the police and the governing procedures they are operating under, also available for Monday's meeting (09/12/11)
- To schedule a special meeting and ask Border Patrol to be available to answer questions from concerned Community members.

Action Items from July Meeting:

- Schedule a public meeting to discuss/present the 2010 Tribal Audit.

Follow-up: A meeting to discuss/present the 2010 Tribal Audit has been set for September 15, 2011 at 6:00 p.m. in the lobby of the community building.

- How we became the three entities: Mohawk Council of Akwesasne, Saint Regis Mohawk Tribe and Mohawk Nation Council.

Follow-up: Arnold Printup, Historical Preservation Officer has compiled the data and it is available at the receptionist's desk.

Action Items from August Meeting:

- To hold an informational meeting with Akwesasne Housing Authority re: Section 502 and 504 on Thursday, August 18, at 5 p.m.

Follow-up: At 5 p.m. on Thursday, August 18th, the Akwesasne Housing Authority held an informational meeting in the lobby of the Community Building to answer questions on Section 502 and 504.

- To have program directors at next monthly meeting to answer questions directed to their department.

Follow-up: At the beginning of the 4th quarter, all Division Directors will be in attendance at monthly meetings. Attendance will be mandatory and incorporated into their job, as part of their duties. Failure to comply will be addressed per the personnel policy.

- To look into the wage freeze being capped at \$12.00 for those tribal members making minimum wage.

Follow-up: To be fair and equitable, the 2011 wage freeze will impact each employee equally and not based on the hourly wage of the employee.

- To speak to Corrina on JOM's summer program regarding age appropriate field trips for the students, ex: Calypso Park instead of the zoo.

Follow-up: The 2011 JOM Summer Recreation Program accommodate 93 students this year, ages ranging from 4 years to 12 years, 70% or 65 of these students fell within the 4-8 age group. The Summer Program operates with a Director along with the assistance of 10 high school students, all under the age of 18. The end of summer trip was scheduled to the zoo based on the majority of students falling below 8 years of age. Calypso Park requires an adult to child ratio of 1 to 5 for groups of 20 or more, a ratio that that could not be provided. Next year, JOM will work towards having two separate age appropriate field trips at the end of the Summer Recreation Program.

- To look into the ratio of Natives vs. Non-Natives resigning or forced to resign from our gaming facilities.

Follow-up: There have been 18 Natives and 16 Non-Natives who have left employment at our gaming facilities in the past 1.5 years

- To look into having an office for an advocate for sick children as an outlet to help parents.

Follow-up: Council has met with Health Services. A Patient Navigator position/duties are being discussed to be included in Health Services.

- To reintroduce the zoning ordinance for business in residential areas.

Follow-up: The Compliance and Legal Departments are drafting a Zoning Ordinance for business in residential areas for Council's initial review. Upon completion of the initial review (not to last more than 30 days), the Tribal Clerk shall issue a notice to Tribal membership that the Zoning Ordinance is being presented for comment. The date of this notice shall commence the thirty (30) day comment period. During this time, two (2) public meetings will be held on the Zoning Ordinance. Following the draft comment period, the Zoning Ordinance will be presented at Tribal Council's Work Session and Council shall have 30 calendar days to consider comments and create a final draft. Once completed, it will be submitted to the Tribal Clerk who will record the date submitted and issue a notice to Tribal membership that the Zoning Ordinance is being presented for final action. This date will start the final notice period of 30 calendar days. The Zoning Ordinance will then be presented again in the Tribal Council's work session and shall be adopted when 2 out of 3 chiefs vote to adopt and sign the Zoning Ordinance, and have their signatures certified by the Tribal Clerk. ♦

Calendar

Kentenba / October 2011

1st - October Tribal Meeting - 10:00 a.m. - Community Building lobby
10th - Native American Day holiday - Tribal offices closed, transfer station open
11th - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk's office
13th - Breast Cancer Awareness Day - Outreach Chronic Care Nursing
19th - "Shine the Light on Domestic Violence"

New Faces

Chloe Cebek	Akwesasne Group Home	Youth Worker
Leslie Cook	Early Childhood Development	Headstart Teacher
Ronald R. Cree	Partridge House	Per Diem Staff
Angeline Green	Akwesasne Group Home	Youth Worker
Denise M. Homer	Akwesasne Group Home	Youth Worker
Rikki H. McDonald	Akwesasne Group Home	Youth Worker

Giving Back

Funerals - \$4,500.00	Community Golf - \$150.00
Community Events - \$26,223.00	Bi-Annual Events - \$5,000.00

Jobs

Land Dispute Tribunal Members - Alternates
Habilitation Aide / Habilitation Aide In Training
Teacher Aide - ECDP Child Care

Teacher - ECDP Head Start

Current postings and complete job descriptions are available online at: www.srmt-nsn.gov

Tribal Community Supports “Kids for Fishing” Program

Press Release

Corporal P.J. Burns of the Saint Regis Tribal Police and Constable Norman King, from Akwesasne

Mohawk Police, discussed the possibility conducting an outreach program to teach kids from the community about different styles of fishing. Their discussion turned into a reality when they held a seminar, on August 10, 2011. In the morning, they discussed boating safety, drug intervention and invasive species. After lunch, discussion items included the different techniques for catching fish, the differences in fishing poles, reels, fishing line and lures. This program was a great success. Austin Oakes, Mason Jackson, Jared Jackson, Rowesonkies Barnes, Onientahse Laffin, Kearin Adams, Breann Bigtree, Lucas Beeson, Ethan Beeson, Sky Leaf, James Arquette, Bronson Sunday, Jasmine Dunn, Tyler Mitchell, Tavares Mitchell and Tewasharake Barnes all participated in the program.

The “Kids for Fishing” participants had even more success when they entered the Ninth Annual Junior Carp

Tournament in St. Lawrence County. Tyler Mitchell caught the biggest carp of the tournament weighing in at forty pounds and ten ounces. Breann Bigtree caught a twenty six pound carp in this two-day event.



The continued generosity of the Akwesasne community made this program possible. The kids were also able to participate in the carp fishing tournament because of the generous donations given by the community of Akwesasne. Many organizations sponsored the kids to go to and take

part in the tournament. They include the Saint Regis Mohawk Tribal Police, Saint Regis Mohawk Tribe, the Hogansburg American Legion, Native Trading Associates, the Mohawk



International Raceway, Akwesasne Mohawk Police Commission, Eagle Watch, the Twin Leaf Convenience Store, Cooks Greenery, the Mohawk Council of Akwesasne’s Holistic Health program and Mohawk Racing Parts. ♦





Wear Pink Day

***Kentenha / October is
Breast Cancer Awareness Month***

By Erin Barnes, Outreach Chronic Care Nursing

***Early detection
saves lives, one
woman at a time***

Come and show your support for Breast Cancer Awareness Day. Breast Cancer is the second leading cause of cancer deaths in women in the United States.

The Outreach Chronic Care Nursing Department will be having a Women's Breast Exam Clinic on Thursday October 13, 2011 from 8:30 a.m. to 11:30 a.m. and 1:00 p.m. to 3:30 p.m. To make an appointment, call the Outreach Office at 358-3141 extension 130. Individuals who complete the exam will receive a gift. Informational tables/displays on breast cancer, breast cancer trivia and freebies will be available in the Saint Regis Mohawk Health Services lobby. Wear pink and enter for a chance to win door prizes. ♦



Saint Regis Mohawk Tribe
412 State Route 37
Akwesasne, NY 13655

ECRWSS
PRSRT STD
U.S. POSTAGE PAID
MAILED FROM
ZIP CODE 13655
PERMIT NO. 26

POSTAL PATRON